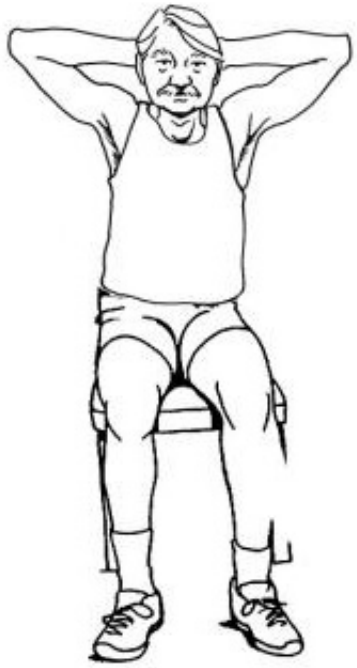
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2026

Seated Balance Program
Hands Behind Head



- Sit in a chair with your back straight.
- Put your hands behind your head.
- Gently bring your elbows back.
- Hold for _____ seconds.
- Bring your elbows forward.
- Repeat _____ times.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: https://811.novascotia.ca

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